

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Kix 1-5yr 3/4cup, 6-12yr 1 1/4cup Milk 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup Juice 1-2yr 1/4cup, 3-12yr 1/2 cup	WG Toast w Jelly 1-5 yr 1/2 slice 6-12yr 1 whole slice Banana 1-2yr 1/2, 3-12yr 1 whole Milk 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup	Life 1-5yr 1/2cup, 6-12yr 1cup Milk 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup Juice 1-2yr 1/4cup, 3-12yr 1/2 cup	French Toast 1-5 yr 1/2 slice 6-12yr 1 whole slice Mixed Berries 1-2yr 1/4 cup, 3-12yr 1/2cup Milk 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup	Cheerios 1-5yr 1/2cup, 6-12yr 1cup Milk 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup Juice 1-2yr 1/4cup, 3-12yr 1/2 cup
AM Snack				
Milk 1-5yr-1/2cup, 6-12yr 1cup Animal Crackers 1-5yr 8 crackers, 6-12yr 16 crackers	Wheat Thins 1-5yr 6 crackers, 6-12yr 12 crackers Raisins 1-5yr 1/4 cup, 6-12yr 1/2 cup Water	Mandarin Oranges 1-5yr 1/2 cup, 6-12yr 3/4 cup Cottage cheese 1-5yr 1/8cup, 6-12yr 1/4c Water	Cheese it's 1-5yr 1/4c, 6-12yr 1/3c Juice 1-5yr-1/2cup, 6-12yr 3/4cup	Graham Cracker 1-5yr 1 sheet, 6-12yr 2 sheets Yogurt 1-5yr 1/4 cup, 6-12yr 1/2 cup Water
Lunch				
Pizza Casserole 1-5yr 1/2cup, 6-12yr 3/4 cup Green Beans 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Applesauce 1-2yr 1/8 cup, 3-12yr 1/4cup Milk 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Chicken & Noodles 1-5yr 1/2cup, 6-12yr 3/4 cup Corn 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Peaches 1-2yr 1/8 cup, 3-12yr 1/4cup Milk 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Pancakes with Syrup 1-5 yr 1/2 pancake, 6-12yr 1 pancake Sausage Links 1-5yr 1 link, 6-12yr 2 links Tropical fruit 1-2yr 1/8 cup, 3-12yr 1/4cup Milk 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Chicken Nuggets 1-2yr 4nuggets, 3-5yr 6nuggets 6-12yr 8nuggets Peas 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Pears 1-2yr 1/8 cup, 3-12yr 1/4cup Milk 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Chili 1-5yr 1/2cup, 6-12yr 3/4 cup Saltines 1-5yr 4 crackers, 6-12yr 8 crackers Cooked Carrots 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Pineapple 1-2yr 1/8 cup, 3-12yr 1/4cup Milk 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup
PM Snack				
Pretzel Sticks 1-5yr 13 sticks=1/4cup, 6-12yr 26 sticks=1/2cup String Cheese 1-5yr 1/2 stick, 6-12yr 1 stick Water	Biscuit w/cinnamon&sugar 1-5yr 1/4 biscuit, 6-12yr 1/2 biscuit Juice 1-5yr 1/2 cup 6-12yr 1 cup	Ham slices 1-5yr 1/2 slice=1/2oz, 6-12yr 1slice=1oz Crackers 1-5yr 4 crackers, 6-12yr 8 crackers Water	Goldfish Crackers 1-5yr 1/4 cup, 6-12yr 1/2 cup Juice 1-5yr 1/2 cup 6-12yr 1 cup	Buttery Rounds 1-5yr 4 crackers, 6-12yr 8 crackers Sliced Cheese 1-5yr 1 slice=1/2oz, 6-12yr 2 slices=1oz Water